



# New England Coastal Road Trip Itinerary

**Duration:** 6–8 days

**Route:** Connecticut → Rhode Island → Massachusetts → New Hampshire → Maine

**Perfect for:** Spring/summer travelers, seafood lovers, lighthouse hunters, and charming-town explorers

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## Day 1: Start Your Journey – Connecticut Coast

- **Drive Route:** Start in the Mid-Atlantic or Northeast → New Haven → Mystic, CT
  - **Approx. Drive Time:** ~4.5 hours from NYC/Philly area (3.5 to New Haven, 1 to Mystic)
  - **Suggested Stops:**
    - **New Haven, CT:** Grab lunch at the famous *Frank Pepe Pizzeria* – try the white clam pie if you're adventurous!
    - **Mystic, CT:**
      - Walk the **Mystic Seaport Village** and enjoy harbor views
      - See the **Mystic Drawbridge** at sunset
  - **Optional Hotel:** Spark by Hilton or a cozy inn near the harbor
  - **Dinner Ideas:**
    - *The Shipwright's Daughter*
    - Grab ice cream from *Mystic Drawbridge Ice Cream*
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## Day 2: Rhode Island Charm – Newport

- **Drive Time:** ~1 hour from Mystic to Newport
- **Morning:**
  - Start with coffee and pastries at *Sift Bake Shop* (Mystic – highly recommended)
- **In Newport:**
  - Tour the **Newport Mansions** (The Breakers, Marble House)
  - Walk the scenic **Cliff Walk**
  - Explore **Bowen's Wharf** and the local shops

- **Dinner Recommendations:**
    - *The Mooring Seafood Kitchen & Bar*
    - *Brick Alley Pub*
  - **Foods to Try:**
    - Clam Cakes
  - **Optional Hotel:** Stay in Newport or continue to Boston area for overnight
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## Days 3 & 4: Boston & Salem, MA

- **Drive Time:** ~1.5 hours Newport → Boston → Salem (~30-45 mins between Boston & Salem)
  - **In Boston:**
    - Walk the **Freedom Trail** or explore the **Seaport District** for a modern vibe
    - Visit **Faneuil Hall**, **North End**, or **Boston Public Market**
  - **In Salem:**
    - Stay overnight in Salem for more budget-friendly accommodations
    - Visit **The Witch House**, **Salem Maritime Historic Site**, and local museums
    - Explore the harbor and historic architecture
  - **Dinner Suggestion:** *Turner's Seafood*
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## Days 5–7: New England Coastline – NH & Southern Maine

- **Drive Route:** Salem → Portsmouth, NH → Kennebunkport, ME → Portland, ME
- **Highlights by Stop:**

### Portsmouth, NH:

- Stroll **Prescott Park** and shop in the charming downtown
- Grab breakfast or lunch in Market Square

### Kennebunkport, ME:

- Iconic stop for seafood – try **The Clam Shack**
- Walk the docks, see the Bush family compound from afar

### Portland, ME:

- **Optional Hotel:** Stay downtown or nearby for easy access
  - **Things to Do:**
    - Explore **Old Port** – boutiques, breweries, harbor views
    - Eat at **Eventide Oyster Co.** – highly recommended!
    - Take the ferry to **Peaks Island** – rent bikes for a coastal ride
    - Visit **Portland Head Light** at sunset (great for photos!)
    - Venture out to casual seafood shacks to save \$\$ on lobster:
      - *Scarborough Fish & Lobster*
      - *Harraseeket Lunch & Lobster Company (HIGHLY RECOMMEND!)*
    - Visit the **L.L. Bean Flagship Store** in Freeport for iconic New England shopping
      - Optional: Get custom embroidered boat bags or beach towels
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### Notes & Tips:

- This road trip is best done **May–October** for warm weather and full access to seasonal businesses
  - Try to **book lodging in advance** in Newport and Portland—these towns fill up quickly in summer
  - Bring layers: coastal towns can be breezy even in warmer months
  - Pack a small cooler if you're buying seafood to bring home
  - Parking can be tight in historic towns—check hotel and city guidance ahead of time
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### Must-Try Local Foods:

- White clam pizza (New Haven)

- Lobster rolls (hot buttered or cold with mayo – try both!)
- Oysters (especially in Portland)
- Steamers (steamed clams)
- Blueberry pie and local craft beers
- Saltwater taffy, maple candies, and fried dough at small-town stands